

# Lettuce

## **Planting from Seed**

When to start seeds indoors: 7-8 weeks before the spring frost date Earliest date to transplant hardened off seedlings:

4 weeks

Days of Germination: 7-14 days (in optimal conditions)

## Planting in the Garden

**Recommended garden type and methods:** Direct sow, hydroponic, strawbale, hoop house, field grown, containers and raised beds. Keep well watered. Likes cool weather.

**Spacing:** 2" – 18" apart depending on harvesting plan **Companion plants:** Beets, carrots, radishes, strawberries

#### Harvesting

1 seed = 1 plant = 8 oz. leaves or up 2 lb. head

Days to Harvest: 30-70 days

Directions: Harvest leaves when desired size by cutting off just above growing point. Harvest heads when fully grown but still tender. Harvest all lettuce in the morning when temperatures are coolest. Within an hour chill with cold water or forced air. Lettuce is easily bruised and crushed; do not stack heads. Store at close to 32' and 95% humidity but keep from freezing.

#### Use in the Kitchen

Vegetable subgroup: Dark green (Other for Iceberg)

Preparation: Wash and chop, dry with salad spinner, treat as TCS food

Menu Planning Ideas: Raw

Suggested Flavor Enhancers: Oil and vinegar, citrus

